

-- 23. (Amended) The composition for food according to claim 1, which has at least one effect for improving visual function selected from effects (1) to (8) as follows:

- (1) an effect of alleviating asthenopia;
- (2) an effect of lowered visual acuity;
- (3) an effect of alleviating myopia;
- (4) an effect of lowering refraction power of crystalline lens;
- (5) an effect of visual acuity in darkness;
- (6) an effect of improving adaptation to darkness;
- (7) an effect of improving retinal function; and
- (8) an effect of improving retinal rod. --

-- 24. (Amended) The functional food or drink according to claim 13, which has at least one effect for improving visual function selected from effects (1) to (8) as follows:

- (1) an effect of alleviating asthenopia;
- (2) an effect of lowered visual acuity;
- (3) an effect of alleviating myopia;
- (4) an effect of lowering refraction power of crystalline lens;
- (5) an effect of visual acuity in darkness;
- (6) an effect of improving adaptation to darkness;
- (7) an effect of improving retinal function; and
- (8) an effect of improving retinal rod. --